

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

August 17, 1935

I

-PARKER HOUSE ROLLS-

2 CUPS MILK 2 tbs. sugar— 2 tsp. salt — 1 yeast cake —1/2
tsp. sugar —6 cups flour.

Dissolve yeast with the 1/2 tsp. sugar adding the milk, then
add 2 cups flour, beat well and let rise, When doubled its bulk, add
the melted butter, sugar and salt, adding more flour to knead until
smooth, Then let it rise again, Once it has risen, proceed to shape the
rolls and let rise again before putting in a hot oven to bake for 12
to 15 minutes.

II

-GATEAU MASCOTTE-

Prepare "GENOISE" paste made of :

100 grs. flour	125 grs. sugar
100 grs. butter	4 whole eggs
1 1/2 tsp. vanilla	

Beat the whole eggs and sugar in a copper bowl. Place on small
fire, beating until double its volume. Take out from fire and continue
a buttered and floured tin or mould; bake at moderate oven for 25 to 40
minutes

CREME AU BEURRE PRALINE:-

100 grs. sugar	3 yolks of eggs
1 tbs. fecula or arrow root	2/3 cup milk
100 grs. butter cream	50 grs. hazelnuts or ground
Vanilla or any other flavor.	

Mix yolks of eggs and sugar, pour on the mixture, place over
small fire stirring constantly until thick, When cool add creamed
butter and nuts, flavor. Fill the gateau with this cream and cover apri-
cot marmalade (or mango jam) is desired) sprinkle around the side only
with toasted ground almonds. Cover the top with Coffee Fondant, gar-
nishing with toasted and cut in half hazelnuts or almonds.

III

-GLACE A LA VANILLE-

Proportions:

150 grs. sugar —6 yolks eggs —1/2 liter milk —1 va-
nilla pod.

Scald the milk with the vanilla pod. Beat the egg yolks with
the sugar very lightly, over these pour the scalding milk, stirring
continually. Return to stove, over a slow fire, stir continually un-
til it thickens. Do not allow it to boil. Strain and freeze in an ice
cream freezer,

This ice cream may also be served moulded as a Bomb.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

July 18, 1936

I
-RAVIOLES A L'ITALIENNE-

Proportions

250 grs. chopped veal — 1 chopped onion — 1 eye pounded garlic + 1 sprig parsley — 1 tbs. lard or oil.

Stew in the lard the chopped onion and the other ingredients, adding last the chopped veal. Remove from fire and add 1 tbs. of cream, salt and pepper. Let cool. In the meantime prepare the paste, PASTA DE TALLARINES:

250 grs. flour — 2 whole eggs — 5 grs. salt — 2 tbs. milk. Mix together and knead. Let dough repose for a while before using. Extend dough and proceed to shape. Drop the Daviolés in boiling salted water and cook for 6 to 8 minutes. Remove from water and drain. Arrange them on a fire resisting dish (pyrex is recommended). Sprinkle heavily with grated cheese and tomato sauce, then another layer of cheese and dots of butter. Oven in strong fire for 15 to 20 minutes, until golden in color.

II
MUTTON DUCK (Brown Gravy)

A shoulder of lamb or mutton can be ordered prepared from the cold store. Place in a dripping pan, sprinkle with salt and pepper; dredge meat and bottom of pan with flour, arrange three thin slices of fat salt pork on the meat and another cut into pieces on the bottom of the pan. Roast in a hot oven for 2 hours, basting every 15 minutes with 1/3 cup butter in 2/3 cup boiling water, and after that is gone, with the fat in the pan. Remove string, papers and skewers, place on serving dish and garnish with fried potatoes and Baked Egg-plant in pimienta cases.

III
-BUÑUELOS DE VIENTO-

125 grs. flour — 50 grs. butter — 15 grs. sugar — 3 grs. salt — 1 cup water and 4 or 5 whole eggs.

In a saucepan, let the water, butter, sugar and salt come to a boil. Just as it starts to boil, add the flour and stir vigorously until a smooth ball is formed or until it separates from the sides of the pan. Remove from fire and add the eggs, one by one stirring each well before adding the other. Stir until the dough is elastic and smooth. Roll this into long balls and fry.

In a deep frying pan, put 1-1/2 kilos lard. Test its heat by dropping a small piece of bread which should hardly move. Raise the pan by the side of the fire and drip the balls of dough into it. Keep turning them over with a skimmer. When the Buñuelos are brown and dry drain on paper. Sprinkle with sugar and arrange on a platter with folded napkins, in the form of a pyramid.

They may be served with caramel syrup if desired

CARAMEL SYRUP

1 cup of sugar to caramelize — 1/2 cup boiling water to pour over the sugar after it is caramelized. Let boil until dissolved. Cool and serve.

CENTRO ESCOLAR UNIVERSITY

June 17, 1937

I

HAM SALAD

Soak 1 tbs. of granulated gelatine in 1 tbs. of cold water: and dissolve in $\frac{3}{4}$ cup of hot chicken broth. Strain over: cup of chopped ham and stir until the mixture begins to thicken, then fold in one cup of thick cream beaten stiff; add also a few grains of paprika and salt if needed. Mold in a ring mould, and when set and cold, turn from the mould, fill in the center with lettuce arranged like a cup, and fill the cup with mayonnaise, or serve with French dressing.

II

CHOCOLATE LAYER CAKE

4 eggs - 2 cup of sugar - 2 cups sifted flour - 2 tsp. baking powder - 2 tbs. corn starch - $\frac{3}{4}$ cup boiling water
 $\frac{1}{2}$ tsp. vanilla.

Separate eggs, Beat whites until stiff and yolk until creamy. Add sugar, sifted flour with baking powder and corn-starch. Mix well, then add hot water and vanilla. After addition of water, butter should be thin, Bake in layers.

CHOCOLATE FILLING :-

1 cup sugar - $\frac{1}{3}$ cup flour - $\frac{1}{8}$ tsp. salt - 2 eggs - 2 cups of scalded milk - 1 tsp. vanilla or $\frac{1}{2}$ tsp. lemon extract - $\frac{1}{3}$ square chocolate.

Mix dry ingredients, add eggs slightly beaten and pour on gradually scalded milk. Cook about 20 minutes, stirring constantly and when thick, add melted chocolate, Cool and flavor.

CHOCOLATE FUDGE FROSTING :-

1 $\frac{1}{2}$ tbs. butter - $\frac{1}{2}$ cup cocoa - 1 $\frac{1}{2}$ cups icing sugar - few grains of salt - $\frac{1}{2}$ cup milk - $\frac{1}{2}$ tsp. vanilla.

Melt butter, add cocoa, sugar, salt and milk. Heat to boiling point, and boil 8 minutes. Remove from fire and beat until creamy. Flavor and use.

III

GLACE ALHAMBRA

Prepare before hand a vanilla ice cream.

150 grams of sugar - 6 yolk of eggs - 1 pint milk - 1 tsp. vanilla.

Once coagulated, remove the paddle from the freezer and add a good portion of fresh strawberries puree well aromatized. Two small baskets for this proportion will be sufficient. The cream may be sweetened, adding a little more sugar, if the strawberries are sour.

September 4, 1937

I

CANCHA - CHUBI - CUY (Gallina con arroz)

• Clean and bone 1 chicken. Cut into squares mushrooms, ham, water chesnuts, bamboo sheets and 1/2 onion.

Wash very well 2/3 cup "malagquit". Saute in a little lard, then add all ingredients above mentioned and 1/2 tbs. soy sauce. Fill the chicken with this mixture and sew. Cook in double boiler with pieces of ginger and pearl onions until tender. Before serving fry the chicken.

II

-CHUI- (Elitas de Nieve)

Take off the scales of the fish called "bidbid". Clean it well. Then open the fish at the back and separate the flesh from the fins. Place the flesh in a chinese bowl (camao) then add 2 or 4 white of eggs according to the quantity of fish, then add 2 or 3 tbs. camote flour and enough salt. Cut into squares and mix together ham water chesnuts and mushrooms and stuff the balls of fish with these ingredients. Drop the stuffed fish balls in boiling water until they float. Soak the balls in cold water.

Prepare whole mushrooms, water chesnuts in circles, ham in stripes and fresh lettuce. Boil all together with the broth of the fish then mix the fish balls (chúie). Serve hot.

III

- CHIN - LOO - SHENG -
(Crabs with sweet-sour sauce.)

6 fresh crabs, toyo, a piece of ginger, a clove of garlic, onion lard, and salt to taste, caramels, 2 tbs. camote powder. Clean crabs and cut small extremities. Kill by inserting a sharp knife in the middle, then cut them into quarters. Cut the green onions into 1 inches long, ginger into thin slices, garlic into thin slices. Mix 4 caramelos with 4 tbs. vinegar, 2 tbs. camote powder. Put 1 tbs. lard into the frying pan, drop into it the slices of ginger and garlic and the crabs; pour about 2 cup chicken broth. Stir and cover until the crabs are cooked. Then add the mixture of vinegar and caramelo and 1-1/2 tbs. toyo. Thicken with camote powder. When done add the green onions.

IV

- CUCHAY - CHAY - AH -
(Empanaditas de cangrejo)

Sept. 11, 1937

I

- MILK AND WATER BREAD -

1 cup scalded milk
1 cup boiling water
2 tbs. butter

1 yeast cake dissolved in 1/2 tsp.
1-1/2 tsp. salt
1-1/2 tbs. sugar.

6 cups sifted flour.

Mix milk and water, when lukewarm, add yeast cake dissolved with the half tsp. of sugar, add 1 cup flour. Beat well and let rise. Then add salt, sugar and shortening, and more flour to knead. Let rise again and bake in hot oven.

II

- CREAM SPONGE CAKE -

yolks 4 eggs
1 cup sugar
3 tbs. cold water
1-1/2 tbs. cornstarch

Flour
1-1/2 tsp. Baking Powder
1/2 tsp. salt
whites 4 eggs

1 tsp. lemon extract.

Beat together yolks and water until thick and lemon colored, add sugar gradually, and beat two minutes; then

Put cornstarch in a cup, and fill with flour. Mix and sift corn starch and flour with baking powder and salt, and add to first mixture.

When thoroughly mixed, add whites of eggs beaten until stiff, and flavoring, Bake 20 minutes in a moderate oven.

MOCHA FROTHING

1/3 cup butter

1 tbs. breakfast cocoa

1-1/2 cups of powdered sugar

Coffee infusion

Cream butter, and add sugar gradually, continuing the beating; then add a cocoa and coffee infusion, drop by drop until of right consistency to spread, or force through a pastry bag and tube.

III

- SCOTTISH FANCIES -

1 egg

1 cup rolled oats

1/2 cup sugar

1/3 tsp. salt

2/3 tbs. melted butter

1/4 tsp. vanilla

Beat egg until light, add gradually sugar, and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased tin, one inch apart. Spread into circular shape with a case knife first dipped in cold water. Bake in a moderate oven until delicately browned. To five variety, use 2/3 cups rolled oats and fill cup with shredded coconuts.

IV

- ORANGE PEKOE ICE CREAM -

2 cups milk

Yolks 4 eggs

3 tbs. Orange Pekoe Tea

1/4 tsp. salt

1-1/2 cups sugar

Drated rind 1 orange

1 pint heavy cream

Scald milk to which tea had been added, and let stand five minutes. Add sugar and egg yolks slightly beaten, and cook until mixture thickens. Strain, add remaining ingredients, Freeze, add mould. Serve garnished with Candied Orange.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Oct. 2, 1937

I

- CUY LONG YAN OH (Sopa de Gallina con Nido)

Soak the nest one day before it is used. The next day clean the nest and pull the fins, when the nest is already clean, transfer it into another bowl with water.

Chop the meat of the breast of a chicken with pork, dilute the chopped meat with cold chicken broth 2 cups, camote flour and chopped ham. Drain the clean nest and place into a cup with boiled water, steam for 1/2 hour.

Before serving, boil 2 cups of chicken broth, thicken with 2 tbs. camote powder and 1 tbs. toyo, then add the chicken meat dilute with chicken broth and lastly the cooked meat. Place the soup in appropriate cups and decorate the surface with the chopped ham. Serve hot. Season with salt.

II

CONCHA JI-QUE (Pesacado con Gallina)

Clean one fish (alumahan) or any other fish, separate the meat, chop this with a piece of pork, pinch of salt until a fine paste is formed, add white of two eggs and 2 tbs. camote flour. Beat yolks of 3 eggs and make a fine omelet. Extend the omelet on a platter and spread the fish paste on it, place white of eggs on the surface,

Chop chicken meat with a piece of pork add salt, when a paste is formed, add one egg then spread this paste over the fish paste, put white of two eggs on the surface again, decorate with chopped ham. Steam this for 20 minutes, when cold cut into pieces of 2 inches long 1 inch wide. Fry the pieces. Serve with pickled onions.

III

↳ SUN PIA - (Lumpia de Labong)

Cut into fine strips; 8 pieces of Chinese labong, liampo, shrimps, 2 pieces of toqua, mushrooms, water chestnut, ham chicharo, piji, pearl onions.

Brown the piji with a little lard, remove from pan then brown the "leampo", shrimps and toqua. Saute with garlic onions and all the other ingredients, Season with toyo, add the shrimp juice and leave on the fire until it is dry, add lastly the chicharo. When cool, wrap in "lumpia wrappers", put pearl onions in the middle. Dip the wrapped lumpia in a mixture of gaw-gaw with 2 eggs, before frying in a very hot lard. Serve with "agrio dulce sauce".

"Agrio dulce sauce"; 2 cups broth, 4 tbs. toyo, 4 tbs. vinegar, 4 pieces caramelo and 4 tbs. camote flour, Cook in slow fire,

IV

- HING - LING - LOO - (Crema de Almendras)

1/2 cup (jinglin) Chinese almonds, 1-1/2 cups sugar, 2 cups water gulaman.

Soak the almonds in boiling water to take off the skin. When cleaned, grind them. Put the ground almonds with 3 cups of water add the sugar. Boil the mixture to dilute the sugar. Separately boil "gulaman" with 1/2 cup water, when diluted, mixed with almonds and boil again. Cool and place in appropriate platters.

Serve as desserts with pieces of ice.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Oct. 9, 1937

I

EMPANADAS ESPECIALES

PASTA:

400 grs. flour - 4 tbs. sugar - 8 yolks of eggs - 1/2 cup water. Knead all together until a smooth and elastic ball is formed. Extend as thin as possible over a board previously sprinkled with flour or "gaw-gaw" so that the dough will not adhere. When it is all extended brush very liberally with fresh lard and proceed to roll very carefully and when this is done, cut crosswise in pieces of about 1 centimeters thick. Each of these pieces are extended very carefully, using a plain extended piece as a bottom. Do this in such a manner that the scales will not disappear; turn and put the filling on the plain side.

FILLING: 1/2 cup chopped chicken - 1 cup chopped pork - 1/2 cup chopped ham - 1/2 cups chopped onion - 2 pounded eyes garlic 3/4 cup raisins - 1/2 cups pickles or capers - 2 hard boiled eggs.

Stew in lard the pounded garlic, then the chopped onion, and the chopped meats and chicken and later add the rest of the ingredients. Season with salt and pepper and let cook, it is ready for use.

II

- PESCADO AL HORNO A LA MARINERA -

Season the well cleaned fish with salt and pepper. Prepare 1 slice of onions and tomatoes, half of this are placed in the bottom of the pan for the fish to rest on, place fish and over it the rest of the onion and tomatoes. Moisten with a good quantity of oil and oven for 40 to 45 minutes. At time of serving, place the fish on a platter and pour over it the strained sauce in which it was cooked.

III

- BERENJENAS RELLENAS -

Cut the eggplant in halves, salt and let stand for 1-1/2 hours. Wash, drain and cook. Let cool and remove the pulp.

In a small amount of butter, fry chopped onion, garlic, and chopped parsley, add the pulp of the eggplant and season with salt, pepper and grated ball cheese, let cook. Refill the shells of the eggplants with this mixture and sprinkle the top with grated bread crumbs. Put them in a pan with a little oil and oven until brown.

IV

- YEMAS DE COCO -

Make a syrup with 250 grams sugar and 1 cup water. When syrup is heavy add 250 grs. picked coconut pounded in a mortar until reduced to a fine paste. Stir over the fire until the right consistency is obtained and then proceed to form little balls while the mixture is still hot. When cool, cover with a syrup at the sugar point, let them cool and then serve.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Oct. 16, 1937

I

- QUIMCHI - QUIMSY -
(Relleno de Balatan)

Soak the night before 12 balatan with spines or the smallest ones. Boil the next morning until they are tender. Remove from fire, Open each one and take off the intestines. Clean well and rinse with salt. After they are cleaned, boil again with green onions and ginger until they are soft, Chop the meat of the breast of 1 chicken with a little fat of the port until a fine paste is formed, then add the whites of 3 eggs and 3 tbs. camote flour. Stuff with this mixture the cooked balatan putting strips of ham in the middle. Steam for 20 minutes. Before serving cut the stuffed balatan one inch long. Arrange well in a cup and steam again, then transfer to a bigger appropriate cup. Add chicken broth. Season with salt.

II

- ANG SAO PAOJI -
(Abaloni Encarnado)

Prepare one can paoji. Cut this into fine strips, then fry with very hot lard; remove from the lard. Cut also in fine strips chicken meat, ham mushrooms, apulid. Boil all these in chicken broth, then add 2 tbs. vinegar, 2 tbs. toyo and 2 pieces "caramelo" diluted in 4 tbs. water, Thicken with 2 tbs. camote flour. Before serving decorate with cooked ham and green onions.

III

- CHAA - LOO - CUY -

Clean a very fat Chicken. Soak in soy sauce, fry in very hot lard, until golden in color, Cut the fried chicken into small pieces, then place the pieces in platters for steaming.

Boil good pechay leaves in chicken broth, then thicken with appropriate platters for serving, then add the sauce together with the pechay leaves. Serve hot.

IV

- KUY - JOY - JICJI -
(Aletas con Huevos)

Soak 2 shark fins, then boil five times with vinegar. Then clean and take off the hard part. Once clean boil with chicken broth. Separate the cooked shark fins and soak in 3 tbs. toyo and 3 tbs. vinegar.

Cut into squares chicken meat, Ham, apulid, mushrooms, then green onions. Saute all this ingredients with lard, then add the shark fins, once toasted, mix 3 beaten eggs until it is dry. Season with soy sauce, Serve hot.

Nov. 6, 1937

I

- JOTOTAY -

Soak "balatan" in water, boil it and clean very well. Boil also until tender 12 tendons of pork. Clean and peel 12 shrimps, dip the flesh in 2 tbs. camote flour, then put in boiling water. Clean one chicken and boil until tender. Grind 1/4 kg. pork, mix with a pinch of salt, one egg and a little camote flour. Form small balls. Roll the balls in gawgaw then put in boiling water. Cut the "balatan" into pieces. Saute the balatan in one tbs. lard and pieces of ginger and garlic. Season with soy sauce and add a small quantity of water. Boil until tender. Same must be done to the tendons. Prepare one can of champignon and some apulid. Saute in 2 tbs. lard, garlic, onions, the cooked balatan, tendons and the chicken meat seasoned with salt. Add the chicken broth and also the broth from the cooked balatan and tendons. After boiling well add the champignon, apulid, the chicken balls and shrimps. Boil in slow fire. Serve hot.

II

- SIO - MAY - (Lumpia at baño-maria)

Paste: 2 cups sifted flour, 2 tbs. lard, chicken broth, salt. Mix the flour lard, salt, and sufficient chicken broth to form the paste. Knead and roll, then cut into pieces. Roll the pieces very fine, then cut into round pieces and form the "sio-may". Stuff with the following fillings:- ~~Shrimp~~ Peel 15 shrimps, cut into fine squares. mushrooms, apulid, and ham. Chop 1/8 kg. liampo and then saute with one tbs. lard, green onions and with all the other ingredients. Season with 1/2 tbs. soy sauce. Remove from fire add one egg and 1 tbs. camote flour. When the sio-may is already prepared, sprinkle water over them then steam for one hour. This is served as an appetizer.

LII

JE - CHIM - COLICHAY - LOO
(Camarones con cauliflor)

Clean and peel the branches of the cauliflor then cut into small pieces. Boil in water with salt. Once boiled separate the cooked cauliflor from the water. Separate the meat of the cooked crabs. Peel the shrimps. Open the meat at the back to separate the black thread in it. Dip the meat of the shrimp in the white of 2 eggs mixed with 2 tbs. camote flour. Cook in boiling water and then put in cold water. Boil the cauliflor in chicken broth, then add the shrimps and the meat of crabs. Thicken with a small quantity of camote flour.

IV

- ANGSIO WUCHI -

Clean 4 Kidney of pig. Cut into strips and also the mushrooms, apulid, labong and onions. Mix all of them and add two eggs and 2 tbs. camote flour. Wrap in sinisal and ticuy peels. Dip into gawgaw diluted with 2 eggs. Then fry. Once fried cut into pieces. Serve hot.

November 27, 1937

I

- MAPLE CORN BALLS -

2 quarts popped corn	1/3 cup sugar
1 cup maple syrup	1 tbs. butter
1/2 tsp. salt	

Pop corn and pick over, discarding kernels that do not pop and put in large kettle. Melt butter in saucepan and add syrup add sugar. Bring to the boiling point, and let boil until mixture will become brittle when tried in cold water. Pour mixture gradually, while stirring constantly, over corns which has been sprinkled with salt. Shape into balls, using as little pressure as possible.

II

- POPCORN BASKET -

Popcorn syrup form :

2 cups sugar	1/3 cup water
5 tbs. karo	

Cook the syrup until a little dropped in cold water forms a firm ball. Deep popped kernels, one by one in the syrup and stick them together until a basket is formed.

III

- TORRON DE PILI -

(Sistema Alicante Economica)

Proportions:

1 liter of Honey—400 grs. sugar—1 tbs. water— Let it reach its point over a very slow fire and stirring continually, When the ball point is reached add to it a meringue made from whites of eggs beaten to the snow point and 50 grs. sugar boiled to the soft ball point, a little lemon juice and powdered cloves.

When the mixture can be broken add to it 1200 grs. pili nuts toasted and pounded.

Pack, and before thoroughly cold cut into the desired shapes.

IV

- TORRON DE PILI -

(Sistema Gilona)

Proportions:

1 liter honey—500 grs. sugar—2 whites of eggs beaten to the snow point—50 grs. sugar for the meringue—1200 grs. toasted pili—1/8 tsp. powdered cloves.

Put the honey in a "tcho" and place over slow fire until hard ball point is reached, taking care to stir continuously and to remove the scum. When the point is reached mix with it the sugar, previously caramelized, and the meringue, Before removing from fire add the powdered cloves and pili. When well mixed put the turrón on a marble sprinkled slightly with rice flour (toasted) sprinkle the surface of the turrón with the same flour so that it will not stick.

When cold pound it in a mortar or pass through a grinding machine, Pack in boxes. Try to touch it with the hands as little as possible. Sprinkle with powdered sugar mixed with cinnamon.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Dec. 4, 1937

I

- SO - CUY -

Bone one chicken. Open at the back so that it can be easily extended on the chopping board, Chop slightly the chicken then sprinkle with a little camote flour, Grind the meat of the chicken together with fat of pork, pinch of salt until a fine paste is formed. Mix white of 2 eggs and 2 tbs. camote flour. Mix thoroughly, Spread the mixture on the extended skin of chicken, Make the surface smooth and spread over it white of 1 egg and decorate with chopped ham. Steam for 15 minutes. When already cooked cut into pieces 1 inch wide and 2 inches long. Arrange well in cups. Before serving steam again. Season with salt and serve hot.

II

- QUIM - CHI - JE -

Peel 30 shrimps, open at the back and remove the black thread from it, Grind a piece of chicken meat with a piece of fat pork, and a pinch of salt until fine, Mix white of 2 eggs and 2 tbs. camote flour. Place small portion of the mixture on the cut shrimps and decorate the top with chopped ham and green onions. Steam the stuffed shrimps. When cooked and cooled ~~dress~~ dip the stuffed shrimps on beaten white of 2 eggs and fry slightly.

III

- PANSIT SUN YAT SEN -

Paste:- 2 cups sifted flour, 2 beaten eggs, 6 tbs. chicken broth and 1 tbs. soy sauce. Knead well and cut.

Other ingredients: Meat of the breast of 1 chicken, liver, cook shrimps, mushrooms water chestnuts, celery, ham, "chicharo", cabbage, carrots, onions, and lard.

Cut finely the chicken meat. Dip the opened shrimps in a mixture of white of eggs and camote flour and put in boiling water then in cool water.

Fry garlic until golden then saute all the other ingredients in the lard where the garlic was fried, When already cooked, add sufficient broth and thicken with 3 tbs. camote flour,

Fry again garlic, then add 3 cups chicken broth when boiling put the prepared pansit noodles.

Place cooked pansit in platters and at the top place all the cooked ingredients, Serve hot.

Dec. 18, 1937

I

ROAST LITTLE PIG A LA CHICKEN STYLE

1 suckling pig - liver + lung and heart - 1/2 lb. finely chopped port - Salt - Pepper - 2 tbs. butter - 1 egg.
Preparation:

The pig is washed well, dressed and rubbed with salt inside and outside, Liver, lung and heart are chopped very fine and mixed with the chopped port, butter, egg, salt, pepper and a few drops of lemon juice, then stuffed into the pig and this sewed up. The pig is brushed with fine salad oil and roasted for 1-1/2 hours. Water is added from time to time, garnish with lemon slices and serve with the gravy.

II

- SALADE HOCKEY CLUB -

Finely cut stripes of celery - cold potatoes - cooked green beans - preserved mushrooms - gherkins - and lettuce hearts - dressed with mayonnaise ; garnished with anchovy, fillets and hard boiled eggs.

III

MALECAÑANG SWISS ROLL -

6 yolks of eggs - 6 tbs. flour - 1 tbs. water - 6 whites of eggs - 3 tbs. sugar.

Beat the yolks of eggs with the water until light and lemon colored, then mix the flour and lastly the whites of eggs beaten very stiff.

Spread on buttered paper and bake in a hot oven for 3 to 5 minutes.

FILLING:

1 can evaporated milk - 1 square chocolate - 1 cup sugar 1 tbs. cutter - and x2 tsp. vanilla.

FROSTING:

3 whites of eggs - 1 cup sugar - 1/2 cup water - 1/2 tsp. vanilla. Boil the water with sugar, beat the whites of eggs until stiff, pour the syrup, when cold, add flavoring

NOTE:

The filling and frosting must be prepared before the Swiss Roll.

Jan. 8, 1938

I

- HONG - CUY - 0 -
(Ballina Rellanada con Pechay)

Clean and bone a fat chicken in chinese style. Season with salt and ginger juices, Stuff the chicken with the following filling: Cut the pechay leaves and fry in small quantity of lard. Cut into squares hams, mushrooms, waterchestnuts, Separate the meat of a crab. Saute the ham in lard with mushrooms and chestnuts, onions, then add the crab meat and fried pechay. Season with salt. Stuff the chicken with the above mixture and steam for 3 to 4 hours. until tender. Before serving take off the lard and add good broth taken from the bones of the chicken, Decorate with whole mushrooms and small pieces of ham. Season with salt and serve hot.

II

- QUEQUIAN (Special)

Grind clean shrimps, pinch of salt until a fine paste is formed add white of eggs or whole eggs and flour, Mix well and wrap in sinsal and steam until it is cooked, Cut into fine pieces and fry in hot lard. Serve hot. Sprinkle a little "gagiam" powder or "polvo de canco aromas."

III

- DII - TAN -- (Puquet de Uemas)

Grind the meat of the breast of one chicken, add white of 3 eggs and 4 lbs. camote flour and a piece of fat of the pig, a pinch of salt, Grind well to become a fine paste.

Prepare the paste of yolks by beating slightly yolks of 3 eggs and 1 whole egg, add a pinch of salt, then extend on a frying pan with a little lard to make a thin layer of omelet. Wrap the chicken meat with this omelet and place stripes of ham in the middle. Place on platter and steam for 15 minutes, Cool and cut into pieces 1 inch long, Arrange the pieces in cups then steam again for 15 min. Add good chicken broth, Season with salt, Serve hot.

IV

- CANCHA - CHIM + WAN -
(Cangrejos Atados)

Cook the shrimps, Separate the meat, Cut into squares ham, onions, mushrooms, waterchestnuts and bamboo shoot, Grind 1/4 kilo of "Liam-po" with salt. When it is already fine, add all the other ingredient mix 2 eggs, 2 lbs. camote powder, green onions and lastly the meat of the shrimps. Wrap this mixture in sinsal and put ticoy wrapper at the base, Tie the wrapped mixture with cuchay leaf. Steam gawgaw with 1 egg and water. Dip the pieces into this solution then fry in hot lard, Arrange well in platters, Serve hot with "Chabquin".

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Jan. 16, 1938

I

- THON EN BARQUETTES (Hors 'Oeuvre)

Mash the contents of 1 can of Tuna fish in oil, adding 50 grs. butter and 2 tbs. olive oil, season and stir until it forms a paste. This Tuna paste will be used for the filling of some small boats made from a very fine "Brisse Paste". The little boats should be cooked and cold beforehand.

On the surface of each Tuna filled boat place lengthwise a narrow stripe of anchovy packed in oil, and on each side of the anchovy in the center place a pickled caper.

PATE BRISEE: 250 grs. flour, 125 grs. butter, 15 grs. sugar, 2 grs. salt, 1/2 cup ice water more or less. The sugar may be omitted if desired,

II

- GALANTINE DE DINDE TRUFEE -

After cleaning the turkey, remove the bones, the skin and cut the breast in fillets. (Be careful to remove the skin without damaging it.) with the fillets of breast, add filets of veal, tongue escalata, and raw ham. Soak all of these in Brandy, Cognac or Madeira wine.

Pass the dark meat from the turkey through the meat grinder, adding bacon. Season and add 2 whole eggs and the rest of the wine in which the filets were soaked. When all this is prepared, extend the key, spices, 1/2 liter wine, White wine, and enough water to cover the turkey. Cook for not less than 2 hours. The broth in which it was cooked is to be clarified and made into Gelatine or Aspic by letting it harden. This is used as the decoration for the Gelatina.

III

- SALADE RUSSE -

Cook in salted water, carrots, potatoes, string beans about 250 grs. of each, the same amount of mushrooms. When cooked, cut into dices and season with salt, pepper, oil and vinegar, letting them soak for 1 hour.

Strain and place in a bowl, adding 2 to 5 lbs. tongue the same amount of smoked salmon, chicken or other fowl. These should be cut into dices, Moisten with Mayonnaise and arrange in a salad bowl, in the shape of a crown. Arrange around it slices of beets, preciously cooked and seasoned,

MAYONNAISE: 2 ~~whole~~ yolks of eggs, 1/2 tsp. salt, 1/8 tsp. pepper, 1 tsp sugar, 1 tsp. vinegar, 1-1/2 cups oil.

IV

- CHARLOTTE MALAKOFF -

Proportions: 125 grs almonds, 125 grs. sugar, 125 grs, butter, 125 gts. whipped cream-vanilla or kirsch for flavoring.

Prepare 15 lady fingers and line them carefully around the mould covering the bottom with white paper and then prepare the filling as follows: FILLING: Cut the almonds finely, add sugar and vanilla little by little, mix the creamed butter and beat until the mixture is creamy and whitish, then add the whipped cream. Pour this mixture into the prepared mould. Then place the mould in a freezer without spotting salt; HOW TO SERVE: Unmould over a folded napkin taking off the paper and decorate the top with sugared whipped cream with vanilla

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Enero 29, 1938

I

- TIMBALE NAPOLETAINE -

Boil 4 to 6 oz. (150) grs. large macaroni till tender, cool and drain on a cloth and cut them into round slices, Range these rings neatly against the sides and the bottom of the mould, and place it on the ice to set. Have ready a very light farce (chicken or veal quenelle farcemeat). Spread very carefully the sides and bottom of mould with this, taking care not to remove the macaroni-rings, Fill the mould thus prepared with a ragout being interlined with cooked macaroni and tomato sauce, Cover the mould with buttered paper and cook it, in a saute-pan with water in the oven. Allow 30 to 40 minutes in a fairly hot oven, When done, turn out on a hot dish, and pour hot tomato sauce round the edge of the dish and serve with grated cheese.

II

- HRE DE SANGLIER A L'IMPERIAL -

(Cabeza de Jabali)

Scald and clean a jabali's head to remove the hair and skin; then wash and remove the bones and eyes, cut the ears off. Rub the head with salt, under the proportion of 1/10 of saltpetre to every 10 of salt, Bury the head in salt for 5 to 6 days taking care to turn it every 24 hours. At the end of that time remove from the salt and in water to desalt. Once this has been done, proceed to fill the skin with an ordinary galantina filling composed of the following ingredients: 250 grs. fresh bacon, 500 grs. fowl or veal meat, all chopped and seasoned with salt and pepper, add 1 whole raw egg for every 500 grs. of chopped filling. When half of this has been stuffed into the skin, make a layer of fillets of Jabali, (cured along the head) alternate them with green pistachio nuts or green pili nuts sliced truffles, add rest of filling, Sew the openings of the skin and wrap in a clean napkin. Place in a kettle to boil 5 to 6 hours with the following ingredients: 50 grs. carrots, 40 grs. sliced onions, sprig parsley, 1/2 kilo beef, 1/2 kilo veal, 1 scalded cow's foot. Cut all into pieces, Put the kettle on a slow fire and let boil, then add 1/4 cup cognac and 1 bottle of white wine, 3 liters water, 250 grs. pork skin, scalded and cut into pieces, Let boil slowly and keep removing ~~the~~ the scum. The broth will be made into "Aspic" as customary for decoration. The head cooked and ready to serve is put on a platter and around its border are placed scallings of radishes as a defense and support.

To represent the eyes cut into two pieces of the white of an egg (hard boiled) and in the center of the white place a piece of truffle, this is then put into the eye socket, Connect the ears to the right place and make a set of horns of truffles, to be placed on the head. Cut two white radish in the shape of tusks and put them in the mouth letting them protude, Decorate with "BEURRE DE MONTPELLIER" to form leaves of grass; 1 sprig of parsley-capers; 1 filet of anchovy; 3 hard boiled yolks of eggs. Pound all of them pepper, 2 cups oil; 1 tbs. vinegar and grated nutmeg.

III

- TOCINO DEL CIELO -

25 eggs, fresh - their weight in sugar (1 kilo more or less) Beat the yolks of eggs lightly, Separate 1 cup of measure sugar. Put in a saucepan without water and let melt, pour over the bottom of an adequate mould, In the same sauce pan put the rest of the sugar over the yolks, Strain, then flavor with vanilla and pour in the prepared mould. Cook in the oven with steam-bath until done. Let cool and serve.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Feb. 5, 1938

I

- GOHIONG CAP-CHEI -

For entree - 2 pigeons

For lauriat - 5 pigeons

For individuals lauriat - according to the number of guest.

Clean the pigeons, Saute them in soy sauce until they are brown in color, Continue cooking on a slow fire until all the soy sauce is dried, use one big tbs. of sauce for every pigeon.

Cover each pigeon with flour called "gohiong" then place them in an appropriate dish, Steam until the pigeons are tender, Before serving fry for a short time and serve with lemon juice and pepper.

II

- CHIM FUNG -

Separate the meat of a cooked crab. Boil the shell in 2 cups of water to prepare the broth, Cut into squares meat of one chicken, a piece of pork, mushrooms, waterchesnuts, chinese sausage, peas.

Fry the pork and meat of chicken until brown, then add the same lard fry ginger that was finely cut, garlic and pieces of pearl onions, Add the meat of the crab, then the fried pork and all other ingredients. Wash 1/2 cup manlagquit and 1/2 cup rice, and add this with the above mixture, Add a little soy sauce. Let the mixture dry add 1 cup of the broth then cover. When it boils make the fire moderate so that it will not burn, When cooked put in appropriate dish for steaming. Before serving put into another dish appropriate for the table, Decorate with "Wansy" Serve hot.

III

↳ PANSIT CON CALDO -

Paste: For one cup of flour, use one egg, a pinch of salt and 2 tbs. chicken broth or water.

Filling:- Meat of pork chopped shrimps meat, some waterchesnuts, one egg and 1 tbs. camote flour.

Other ingredients— Meat of chicken, cooked shrimps, "Palatan", cabbage, "chicharo," water chestnuts, mushrooms, and good chicken broth.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Fe. 12, 1938

I

- FRUIT CAKE -

1 lb. BUTTER	1 bottle glacé fruits S.W.
3 cups sugar	1 cup almonds
12 eggs	1 $\frac{3}{4}$ tsp. Baking Powder
4 cups flour	1/2 cup caramelized sugar
2 cups currant	1-1/2 cup water
2 cups raisins sultana	1 tsp. cinnamon
1/4 cup brandy	

Cream the butter, add the sugar, (beat well), add the yolk of eggs one by one. Mix the glacé fruits dredge with flour, add the flour with the baking powder, then the brandy and the caramelized sugar. Lastly fold in the white of egg very well beaten.

Note: The cinnamon is mixed with brandy.

II

- GLACE PRALINE -

Proportions:

100 grs. sugar, 6 yolks of eggs, 1/2 liter milk, Mix the yolks with sugar and stir well. Boil milk and pour over the eggs stirring constantly, Return to fire, (slow fire) and keep stirring until it becomes heavy. Remove from fire and cool, Freeze as customary.

PRALINE:

65 grs. peeled and dried almonds, 65 grs. sugar. Put both ingredients in a saucepan made of bronze or iron, Stirring continuously until the sugar is caramelized and the almonds toasted, Pour on cream after the paddle has been removed and continue to freeze in the same container.

Feb. 26, 1938

I

- CROWN ROAST OF LAMB -

Obtain from the market or Cold Stores ribs of lamb. Cover the bones with salted fat and insert between them pieces of fat so that the bones will not burn. Cover with waxed paper and cook in oven with very strong fire for 1-1/2 hrs. Make the time for baking longer from 12 to 15 minutes per pound.

Before serving remove the fat from the bones and in its place insert decoration paper. On top, place pure made from camote or chestnuts or French fried potatoes.

CURRENT MINCE SAUCE:

1/2 jar current jelly cut into fine pieces. Add 1-1/4 t s. fresh leaves of mint finely chopped, and grated orange rind of 1/4 orange. Serve in saucers.

II

- GATEAU PUCHE DE NOEL -

SUERE PASTE :

125 grs. flour, 60 grs. butter, 60 grs. sugar pinch of salt, 1 whole egg or 2 yolks,

BISCUIT ROULE:

75 grs. sugar, 75 grs. flour, 25 grs. butter, 3 whole eggs and 1 yolk

Beat the yolks with the sugar until light and lemon colored, mix with it the whites beaten to the snow point. When the two are combined add the flour and lastly the melted butter. Cover a baking sheet with buttered paper and on this spread the above mixture evenly. Put in strong oven for 7 or 8 minutes, without letting it get dry otherwise it will not roll. Put the baking sheet on the marble to cool. When cold remove the tin and paper, Spread the surface of the cake with a cream made of butter and coffee and roll.

CREAM:

125 grs. sugar, 1/3 cup water, boil to a heavy syrup. Pour this over the beaten yolks of 5 eggs, 250 grs. butter and 1.2 tsp. coffee. ~~infusion~~ infusion, Decorate with a chocolate cream to represent a fall tree.

III

- BOEE SORCIERE -

This dessert is very original and exquisite, Prepare beforehand a "GENOISE CAKE" 100 grs. flour, 125 grs. sugar, 100 grs. butter, 4 whole eggs, vanilla to flavor.

Beat the eggs with the sugar over a slow fire until doubled its volume. Remove from the fire and continue beating, add flour and melted butter and 1/2 tsp. vanilla. Pour in shallow mould and bake in moderate oven.

IV

- PISTACHIO BISQUE -

1-1/2 quarts of milk, 2 tbs. flour, 1 cup sugar, 3 egg yolks, a pinch of salt, 1 tbs. vanilla. 1 tbs. almond extract, 1 pint cream, 1/2 cup of each of the following ground macarpoons, chopped almonds, and peanuts.

Mix the flour, sugar and salt, add the eggs slightly beaten, the hot milk gradually. cook slowly and stir constantly until it thickens. When cool, add the cream and color with green. Freeze. Lastly add the chopped macarpoons, almonds and peanuts. Place in a mold and cover it with ice and salt. Let it stand for 2 hours.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COURSE IN COOKING

Feb. 19, 1939

I

- PANSIT MOLO -

DOUGH:

2 cups flour (200grs) 3 yolks of eggs, 1/4 tsp. salt, 1/4 cup water. Sift the flour with the salt, add egg yolks and mix with the fingers, add water and knead until a fine elastic dough is formed.

Extend as thin as possible on a floured board and cut into small triangles about 2-1/2 inches. Fill them with the following mixture.

FILLING:- 1 cup chopped pork meat (1/4 kilo), 1 egg yolk, 1 tbs. salt pepper to taste. Mix all the ingredients together and fill the triangles and set apart until time to cook.

BROTH:- 1 chicken cut into small pieces, 1-1/2 cups small shrimps, 3 cups of juice from the shrimps head, 2 eyes garlic pounded, 1/2 chopped onion, patis or salt to taste, 4 liters chicken broth, 2 tbs. cuchay chopped.

Fry in a generous amount of lard, the garlic, onion and then the shrimps cut into small pieces, let cook until browned. Add patis and the juice of shrimps, let boil for a minute then add the chicken cut into strips and the broth, let boil a few minutes. Just a little while before serving add the prepared raviolas (dough) salt, and pepper. When placed in the serving sprinkle with the chopped cuchay.

II

- PETITE HALIBUT, LOBSTER SAUCE -

Free raw halibut from skin and bones and forcethrough a sieve, there should be one cup, Pound in a mortar and add gradually the whites of one egg; then add gradually one cup heavy cream and season with 3/4 tsp. salt, 1/8 tsp. pepper, and a few grains cayenne. Turn into slightly buttered paper, and bake until firm and time required being about 15 minutes. Remove from moulds to hot serving dish and insert peppercorns to represent eyes. Pour around Lobster Sauce and garnish with fan shaped pieces of cucumber cut in the shape of fishes.

LOBSTER SAUCE:-

Melt 2 tbs. butter add 2 tbs. flour and stir until well blended; then pour on gradually, while stirring constantly, 1/3 cup lobster stock and 1/4 cup cream. Bring to the boiling point and add 1/4 cup butter, bit yolks of 2 eggs, 1 tbs. lemon juice, 1/2 tsp. salt 1/8 tsp. pepper, a few grains cayenne, and 2 tbs. lobster meat cut in cubes.

III

- BONNE SORCIERE -

This dessert is very original and exquisite. Prepare beforehand a "GENOISE CAKE"; 100 grs. flour, 125 grs. sugar, 100 grs. butter, 4 whole eggs, vanilla to flavor.

Beat the eggs with the sugar over a slow fire until doubled its volume. Remove from fire and continue beating, add flour and melted butter and 1/2 tsp. vanilla. Pour in shallow mould and bake in moderate oven.

GLACE AU CHOCOLATE

125 grs. sugar, 6 yolks of eggs, 1/2 liter milk, 1/2 tsp. vanilla, 2 squares chocolate or 40 grs. powdered cocoa.

Beat the yolks lightly and add sugar. Dissolve chocolate in boiling milk and pour over first mixture. Flavor with vanilla and proceed ~~with the chocolate fondant~~ as customary for ice-cream.

Just before serving, cover with the chocolate fondant and sprinkle with sliced toasted almonds.

CENTRO ESCOLAR UNIVERSITY
SPECIAL COUSE IN COOKING

I

CHIENG-THONG-JAB-O (Damas)

Chop 1.4 kg. liampo, a piece of fat, a pinch of salt, once the mixture becomes a fine paste, add white of 2 eggs 2 tbs. camote powder and a little grated orange peel, Choose small mushrooms, Cut ham and apulid in round shape; fill the mushrooms. With the paste placing the round ham in the middle and the apulid at the top; dip the stuffed mushrooms into a mixture of beaten white eggs and "gawgaw". Place the mushrooms in trays and steam. Cool and transfer to another platter and steam again for 15 minutes.

Before serving, place in appropriate dishes for the table and add a little chicken broth, Add salt to taste. Serve hot.

II

GUIOG PHEJII (Camarones rellenos)

Prepare 25 shrimps (fresh) of regular size, Peel the shrimps, cut the back part to take off the black thread inside the shrimps, leave the tail of the shrimps.

Filling:

Chop the breast of the chicken with 1 piece of "liampo" (Chicken and liampo must be of the same preparation), pinch of salt, one onion, mix 2 tbs. camote flour and a whole egg. Cut in stripes ham, apulid, bamboo sheet, mushrooms and pearl onions. Stuff the shrimps with the stripes of ham, apulid, bamboo sheet, and mushrooms and cover with one tsp. of the chopped meat. Wrap the stuffed shrimps in "singad" and ticuy peel. Before frying dip the wrapped shrimps in a solution of gaw-gaw, 2 eggs and water. Fry in hot lard. Serve hot with radishes "agrie-dulce".

III

QUIAM-ANGSIO-PECHI (Apulit Encarnado)

Chop 1/2 kg. of "liampo", a pinch of salt, 1 bombay onion, then add 3 eggs, 3 tbs. camote flour, then mix 25 apulit, some mushrooms and ham cut into squares. Form balls and cook in double boiler for 15 minutes, then cool. Before serving, dip with in 3 beaten eggs then fry. Arrange in appropriate dish for the table, decorate with bombay onions cut fine. Serve hot.

IV

CHA-PAY-CUT

Cut in fine pieces 1/4 kg. of port "lemo", seak with 1 tbs. vinegar, 2 tbs. toyo with 2 tbs. camote powder. Fry in very hot lard. Once golden in color, remove from lard, Serve as appetizer.